



Northwood Central Florida YMCA Aquatics / Wellness Program Enrollment Form

Check here if this is an update of your information.

Participant's Name:	Date of Birth:	Age:	Sex:
Address:	City:	State:	Zip:
Parent/Guardian Name:	Date of Birth:	Cell:	
Home Phone Number:	Email:		
Emergency Contact Name:	Emergency Contact Number:		
Allergies/Special Needs?			

Please fill in the details for the program that you are registering for:

AQUATICS (Specify Program & Session)	
WELLNESS (Specify Program & Trainer)	
Other/Specify Program	

Please review the following and initial each item to acknowledge agreement:

- Photography:** I give the YMCA permission to publish any photo that may be taken of me or my children for YMCA use.
- Payment/Registration:** Fees are due at registration and must be paid in full. I am aware there may be a one-time NON_REFUNDABLE registration fee due at time of registration. If you would like to stop a draft you must let us know 30 days in advance. I also understand registration is on a first-come, first-served basis.
- Returned Payments:** A \$25 fee will be charged for any returned checks/EFT. After two (2) insufficient fund returns, we will accept your monthly payments by money order or cash ONLY.
- Refunds/Cancellation:** Refunds are only given under special circumstances such as a serious and prolonged illness or injury. They will NOT be given in the case of a suspension or any disciplinary issues. Program cancellations will result in a system credit, Cash/Check refunds will only be issued if the YMCA cancels the program.
- Staff Solicitation for babysitting or transportation:** The YMCA staff cannot baby-sit or transport children at any time outside of the YMCA Afterschool program. Please do not solicit our staff for these purposes.
- Permission for enrollment and release of YMCA from Liability:** Permission for enrollment and release of YMCA from Liability: I give my child permission to participate in YMCA Program activities. THIS IS YOUR RELEASE AND WAIVER OF LIABILITY. You individually and on behalf of your minor child, release the North Central Florida YMCA, its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately.
- NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN**
READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF THE NORTH CENTRAL FLORIDA YMCA USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM THE NORTH CENTRAL FLORIDA YMCA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND THE NORTH CENTRAL FLORIDA YMCA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.
- Change in Programs:** The YMCA reserves the right to add, change, limit or cancel classes and/or teams according to enrollment.

I acknowledge I have read and agree to the above written statements: _____ Date: _____

AQUATICS SWIM LESSONS INFORMATION:

FIRST DAY EXPECTATIONS

Please make sure that all children come dressed and ready to get in the water at least 5 minutes before their class start time. Please find a comfortable place to sit and wait to be called for swim lessons. At the class start time, you and/or your child will be called to come to the pool for lessons. The supervisor will then call out names and direct participants to their respective classes. The instructors will evaluate the participants swimming ability. If the participant needs to move up or down a level the instructor will notify the supervisor and the supervisor will work with the parent to change to the appropriate class.

DURING SWIM LESSONS

While parents are encouraged to watch the swim lessons, we ask all parents to stay at least 15 ft. away from the pool. You may sit in prepositioned lounge chairs or under the overhang. Keeping a distance from the class area removes additional distractions to the participants, as well as the instructors. However, we do encourage parents to get to know their instructor. If you have any specific questions about your child's abilities, your instructor will be glad to talk with you. Please keep this brief though, as they have classes before and after yours. **DO NOT LEAVE YOUR CHILDREN UNATTENDED AT THE POOL!** We expect the parents to stay for the entire lesson. Please do not leave to run errands or go and work out. We will begin every lesson at the same time on the days that class is held. An instructor will call for lessons at the appropriate time. Please do not interrupt the lessons going on before your class starts by having participants go to the poolside early. We encourage YMCA members to wait until after class for free swim. Having free swim before class can drain their energy as well as attention span. Please remember that the YMCA is a member based facility and that nonmembers are restricted from using the facility other than the allotted program time.

DISCIPLINE

The Swim lesson instructors and Lifeguards will do their best to talk with individuals about rules at the pool, but we do expect the parents to reinforce the pool rules while here. If you feel it is necessary to discipline your child during swim lessons please remove your child from the lesson first as to avoid as much distraction as possible.

INCLEMENT WEATHER

The Lifeguards will close the pool under the following conditions:

- Lightning is sighted
- Rain is heavy enough that it limits the visibility of the bottom of the pool
- Any other situation the lifeguard deems unsafe

The first time the participants are instructed to leave the pool for weather or the last day of class, whichever comes first, there will be a safety lecture. This is part of the curriculum of the class and is something we can do inside and out of the pool. The safety lecture will be different for every class and will include things like never going swimming alone, using lifejackets, or calling 911. The instructors will communicate with parents/ Front desk to inform them where the safety lecture will be held.

CANCELATION/ MAKE-UP CLASSES

If the participants are instructed to leave the pool for weather a 2nd (or 3rd, 4th) time we will be forced to cancel class. We will not cancel class until 15 minutes prior to the class start time. This information will be communicated to the front desk as well as our YMCA twitter account (www.twitter.com/ncfymca). You can also check our twitter feed on our website, www.ncfymca.org. If in doubt please come to the YMCA anyway. If there is a break in the weather we will get in the pool.

1st time – Safety Lecture

SUMMER:

2nd/3rd time – Class canceled (no make-up)

4th/5th time – Class canceled make-up scheduled TBA

Summer swim lessons have two extra lessons on Fridays to offset some lessons that may be missed due to weather. If your class has been canceled more than twice a make-up will be scheduled on Saturday morning. These times will be specified on the Friday before. The YMCA is not obligated to make-up any classes missed for personal reasons.

SPRING/FALL

2nd/3rd time – Class canceled make-up scheduled TBA

WELLNESS CENTER RULES

1. Wear fitness apparel for your safety; closed toe, laced athletic footwear required. No jeans, no cut offs, no sandals.
2. Bring your own towel and water bottle.
3. No open containers allowed in the gym.
4. Please be courteous and allow others to work in during your workouts.
5. Use collars, **DO NOT DROP** and re-rack all free-weights!
6. 25 minute limit on all cardiovascular machines.
7. For the safety of all, baby strollers/carriers are not allowed in the free-weight section, will not be allowed in the fitness facility during peak hours, and no child may be carried on a treadmill during a workout. Please utilize child watch when possible.

YOUTH POLICY FOR WELLNESS CENTER (STRICTLY ENFORCED)

No children under 8 years of age allowed on the wellness floor. No exceptions. Childwatch is available for children ages 6 months-12 years of age. Please do not hold or carry children while working out in the Wellness Center. Please use Childwatch.

Our Bee Fit Youth Circuit is especially designed for youth ages 8-12 years old. The youth must have signed waiver on file, have completed an orientation prior to working out, and a parent or guardian must remain with the child the entire time. We do not permit children under 16 years of age to use our treadmills or free weights without a signed waiver specific to these two aspects of our gym and direct supervision and a parent or guardian.

I acknowledge I have read and agree to the above written statements:

Signature: _____

Date: ___/___/___

YMCA Staff Entering Form:	Notes:
Signature: _____	Date: _____